

WEEK 1: SKILL CARD 1: Crouch Lift



KEY COACHING POINTS

HEAD

- Eyes on ball all the way into hands

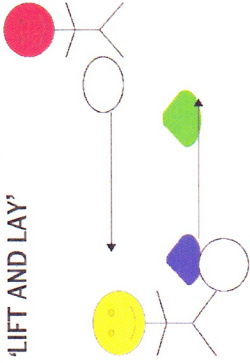
HANDS

- Cupped hands with fingers pointing down in front of ball
- Use toe to scoop ball into open hands
- Grip ball tight and bring quickly to chest

FEET

- Bend knees and back as you go down on ball
- Supporting foot alongside ball and use to screen out opposition
- Scoop ball up into hands with toe of trailing foot
- Lifting foot leads to next stride

'LIFT AND LAY'



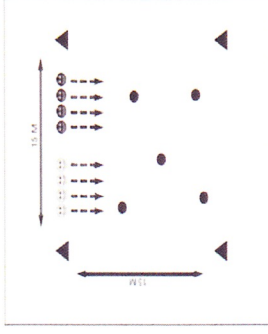
LESS DEMANDING

- Pick up stationary ball with hands only
- Repeat but use Crouch Lift
- Pick up a rolling ball with hands only
- Roll ball into empty spaces and follow to execute the Crouch Lift
- Use both right and left foot above

MORE CHALLENGING

- 3's No. 1 rolls ball between No. 2 & 3 who run to complete the Crouch Lift
- Change roles after 5 attempts

'CLEAN THE HOUSE'



'LIFT AND LAY'

- Lift ball and lay down in free space
- How many can you get in 30 seconds?

'CLEAN THE HOUSE'

- 3 players try to lift and lay balls outside square, 2 try to return ball to square

WEEK 2 : SKILL CARD 2: Hand Pass



A

B

KEY COACHING POINTS

HEAD

- Keep your eyes on the ball when striking

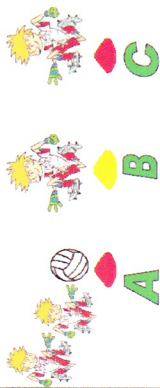
HANDS

- Overhand - Support the ball in the palm of one hand, in front of the body
- Lean forward and strike through the middle of the ball with the open hand using mostly the fingertips B or
- Underhand - Repeat above but use an underhand action A
- Follow through by straightening arm

NB Supporting hand must remain stationary until ball is struck

FEET - Striking with Right Hand

- Keep both feet shoulder width apart
- Stand with left foot forward
- While striking the ball, step forward with back foot



- 4 Players position as shown
- Player A hand passes to B, takes pass back of B and hand passes to C
- Player C hand passes to B, takes pass back of B and Hand passes to player at A etc.

LESS DEMANDING

- 2's Both Passer & Receiver static about 3 steps from each other
- Passer moves after passing

MORE CHALLENGING

- Give pass with weak hand
- Increase distance of hand pass
- Passer solos away stops and passes
- Both pass on the move

Circle Pass Out



HOW TO PLAY

- Two groups of 4 make two large circles. Use domes to make the circles as shown
- One circle moves clockwise while the other move in the opposite direction
- 2/3 Players from each circle have a ball
- The aim is to pass the ball from one circle to the other
- Players must look to see which players are ready to receive or not

KEY COACHING POINTS

HEAD

- Eyes on the ball and receiver when passing
- As skill improves just watch the receiver

HANDS – Front Fist Pass (Photo A)

- Make a fist by clinching fingers into the palm of the hand
- Keep thumb to side of fist
- Hold ball on the palm of other hand with slightly bent arm
- Use other hand to aim fist at middle of ball
- Follow through in direction of target



A

NB The side of the fist may be used for longer passes by placing the thumb over the fingers and using the side of the fist (Hammer Fist See Photo B)

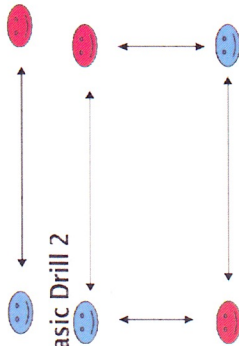
FEET

- Keep feet shoulder width apart
- Stand one foot in front of the other
- If striking with right hand left foot should be forward
- Step through on strike



B

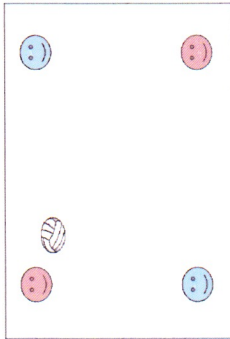
Basic Drill 1



Basic Drill 2



Team Ball Pass 4 V 0



LESS DEMANDING: BASIC DRILL 1

- Begin with First Pass to partner (static)
- Decrease distance
- Pass & Move
- Solo away and pass back to receiver

MORE CHALLENGING: BASIC DRILL 2

- 5's Pass and follow around grid
- 2 Players must start in one corner
- Both attempt First Pass while moving

HOW TO PLAY

- Aim: 4 players in a grid passing the ball and moving to the best free space available
- Only player who passes ball moves to a free space
- How many passes in 30secs?
- Challenge players to pass while moving
- Above but players pass to a called number i.e. No. 1 passes to No. 2 on call etc.

WEEK 4: SKILL 4: Punt Kick

Under 8 Gaelic Football Skills - Week 4

KEY COACHING POINTS

HEAD

- Look at target then focus on the ball
- Watch ball all the way down onto the foot
- Count '1,2' before lifting head

HANDS

- Drop the ball on to strong foot, from 1 hand
- Use appropriate hand e.g. Right hand to Right foot

FEET

- Lift back leg as ball rolls from hand and bring through to meet ball as it falls
- Toe pointing downwards, kick through the ball with top part of laces
- Keep Hard Foot as long as possible after you make contact with ball



DRILL: Punt ball to partner



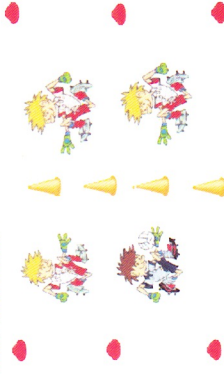
LESS DEMANDING

- Allow ball to bounce before attempting to punt as ball rebounds

MORE CHALLENGING

- Increase distance between cones
- Use less preferred foot
- Pass on the move
- Pass to moving receiver
- Passer and receiver both on the move
- Move from shoulder facing partner to punt as you finish facing receiver

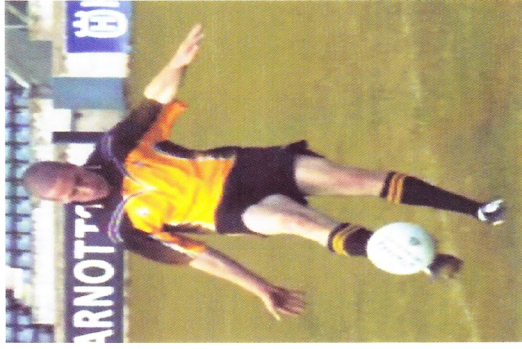
Clear the Zone



HOW TO PLAY

- Players work in pairs 2v2 or 3v3
- Players try to get the ball out of their area as quickly as possible
- Start with 1 football in each side of court and then introduce more balls
- Punt kick the ball into opponents area
- Team with least number of footballs in their half at the end of game wins

WEEK 5: SKILL 5: Hook Kick



KEY COACHING POINTS

HEAD

- Look at the target you hope to kick at
- Watch the ball all the way down onto the boot
- Keep your head down well after the ball has left the boot

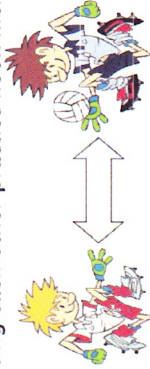
HANDS

- Drop ball as near the foot as possible same hand as same foot
- Your shoulder should be facing the target
- Bring other hand out to side to help balance the body

FEET

- Follow through with the kicking leg across the body in direction of the target
- Inside of instep in used in this action as shown in photo

Players in twos with shoulders facing each other practice hook kick



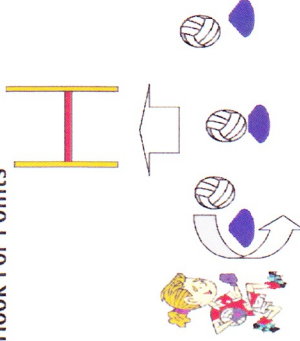
LESS DEMANDING

- 2' s Both static about 3/4m apart
- Use a bigger softer ball
- 3's Make a Triangle and use Hook Punt

MORE CHALLENGING

- Kick with least preferred foot
- Solo before attempting hook punt
- Add a defender to pressurise the kicker

Hook For Points



HOW TO PLAY

- Set out a number of domes 10/20m in front of goals
- Leave 3 balls at side of domes
- Player attempts to kick the 3 balls at the target (over the bar) by using a hook kick
- Once player has attempted 3 hook kicks second player in line then continues
- To add competition: quickest time to kick 3 balls in succession

WEEK 6:
SKILL 6: Soloing



KEY COACHING POINTS

HEAD

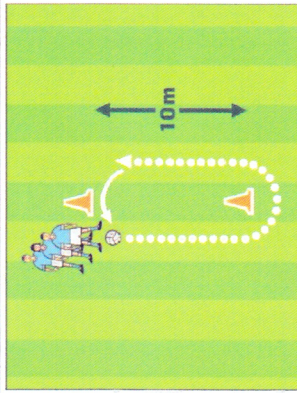
- Eyes firmly on the ball but...
- Look up to scan area after each toe tap

HANDS

- Keep ball in hand at kicking side
- Extend the wrist and drop ball onto kicking foot as close to the ball as possible
- Use other hand to screen (protect) the ball
- Learn to use 1 Hand Let Down

FEET

- When foot impacts the ball, flick toe upwards towards the body as shown
- Keep the distance from the hand to the toe let down as short as possible
- The top tap should be executed at the end of the running stride
- Learn to solo with one hand and one foot on both sides of the body



BASIC DRILL

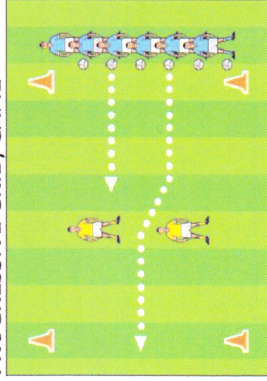
LESS DEMANDING

- Just allow the players to bounce the ball after 4 steps or use thigh to solo if they cannot foot solo the ball

MORE CHALLENGING

- Increase the distance between the poles and incorporate a bounce between the solo
- User non preferred foot

PROGRESSIVE GRID/GAME



HOW TO PLAY

- Fun game to develop the Solo
- Mark out a grid 15m x 15m
- Six players attempt to solo across the grid
- Two players act as defenders and attempt to tag the soloing players
- Once a player has been tagged they must leave the game
- The soloing players continue over and back until all have been tagged

WEEK 7: SKILL 7: Side Step

KEY COACHING POINTS

HEAD

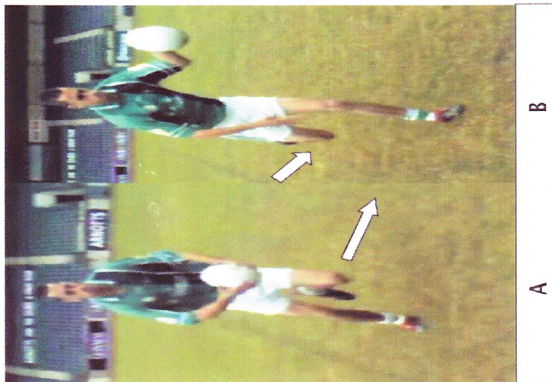
- Keep eyes on the defender as you approach

HANDS

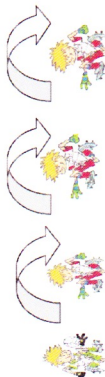
- Keep Hands firmly on ball and on the outside of the defender as you evade
- Use a low bounce as you go past defender

FEET – Left Foot Side Step

- Use a solo as you approach at pace about 5 steps from opponent
- Step to left onto new pathway with your left foot as shown Photo A
- Step your right foot across to continue run Photo B
- Bring feet back together again
- Move quickly forward in new pathway

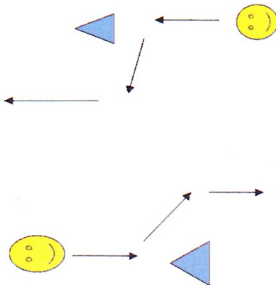


Attack the Line



HOW TO PLAY

- 4's One attacker attempts to evade three defenders spaced 5/10m apart
- When the attacker goes past the last defender s/he passes back to the first defender who becomes the new attacker
- Work across the pitch leaving 5m between each group
- Defenders initially only allowed to use their bodies to block attackers and then allow one hand tackling and finally two hands as attacker's skill improves



LESS DEMANDING

- Players walk up to spaced out cones and execute the side step using right and left foot
- Repeat above jogging and then running

MORE CHALLENGING

- Pairs - Walk/Jog/Run towards each other and execute the side step both to the right a few times and then to the left
- Repeat above with a ball each